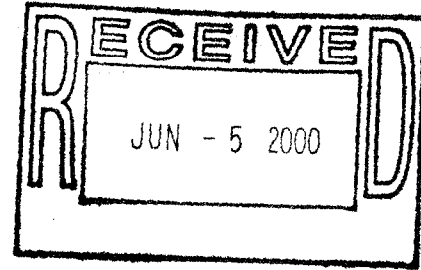


9281 '00 JUN 20 P3:38



May 24, 2000

Office of Special Nutritionals (HFS-450)
Center for Food Safety & Applied Nutrition
Food and Drug Administration
200 C Street SW
Washington, D.C. 20204

Dear Sir or Madam:

This letter will serve as 30-day notification, pursuant to section 403 (r)(6) of the Federal Food, Drug & Cosmetic Act and regulations promulgated thereunder.

Dietary Supplement Manufacturer: Twin Laboratories, Inc.
150 Motor Parkway
Hauppauge, NY 11788

Text of statement being made: Helps you "Stay Lean!"; "Improves lean body mass."

Dietary supplement ingredients: Citrus Aurantium Extract, St. John's Wort Extract, and Guarana Extract.

Dietary Supplement brand and name: Twinlab IRONMAN FAST BURN DIET FORMULA.

As required, enclosed are two photocopies of this notification.

The signee certifies that the information contained in this notice is complete and accurate, and that Twin Laboratories, Inc., has substantiation that the statement is truthful and not misleading.

Sincerely,

A handwritten signature in cursive script, appearing to read "Neil Blechman".

Neil Blechman
Executive Vice President
Twin Laboratories Inc.

Enclosures

97S-0162

LET 5558